

**Florida WIC Program  
WIC Eligible Foods  
Effective January 1, 2010**

**Breakfast Cereal**

**11 oz size or larger. Allowed items are only those listed below. Cereals with a ★ contain 51% or more whole grains.**

*No other flavors or varieties are allowed. No organic products are allowed.*

**NATIONAL BRANDS**

**B&G Foods**

Cream of Wheat – Whole Grain ★

**General Mills**

Cheerios ★  
Honey Kix ★  
Kix  
MultiGrain Cheerios ★  
Rice Chex  
Wheat Chex ★

**Kellogg's**

Corn Flakes  
Special K – Protein Plus  
All-Bran Complete Wheat Flakes ★  
Unfrosted Mini-Wheats ★  
Frosted Mini-Wheats Bite Size ★  
Frosted Mini-Wheats Big Bite ★

**Malt-o-Meal**

Frosted Mini Spooners ★  
Strawberry Cream Mini Spooners ★  
Malt-o-Meal Original Hot Wheat

**Post**

Bran Flakes ★  
Grape-Nuts ★  
Grape-Nuts Flakes ★  
Honey Bunches of Oats with Vanilla Bunches ★

**Quaker**

Crunchy Corn Bran  
Instant Oatmeal – Original ★  
Instant Grits – Original  
Life ★  
Oatmeal Squares – Brown Sugar ★  
Oatmeal Squares – Cinnamon ★

**Ralston Foods**

Corn Flakes  
Tasteeos ★  
Enriched Wheat Bran Flakes ★  
Frosted Shredded Wheat ★  
Instant Oatmeal – Regular ★  
Rice Biscuits

**STORE BRANDS**

**Acme**

Bran Flakes ★  
Corn Flakes  
Crunchy Rice Squares  
Crunchy Wheat & Barley ★  
Instant Oatmeal – Regular ★  
Toasted Oats ★

**Albertsons**

Bran Flakes ★  
Corn Flakes  
Crunchy Rice Squares  
Crunchy Wheat & Barley ★  
Frosted Wheat ★

Instant Oatmeal – Original ★  
Toasted Oats ★

**Best Choice**

Bran Flakes ★  
Corn Flakes  
Happy O's ★  
Instant Oatmeal – Regular ★  
Nutty Nuggets ★  
Rice Crisps  
Wheat Crisps ★

**Best Yet**

Bran Flakes ★  
Corn Flakes  
Crunchy Rice  
Crunchy Wheat ★  
Frosted Shredded Wheat ★  
Instant Grits – Original  
Instant Oatmeal – Original ★  
Nutty Nuggets ★  
Toasted Oats ★

**Bloom**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Oatmeal – Regular ★  
Toasted Oats ★  
Toasted Rice

**Flavorite**

Bran Flakes ★  
Corn Flakes  
Crunchy Rice Squares  
Crunchy Wheat & Barley ★  
Frosted Shredded Wheat ★  
Instant Grits – Original  
Instant Oatmeal – Regular ★  
Toasted Oats ★  
Wheat Biscuits ★

**Food Club**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Grits – Original  
Instant Oatmeal – Regular ★  
Rice Squares  
Toasted Oats ★  
Wheat & Crunchy ★

**Food Lion**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Oatmeal – Regular ★  
Nutty Nuggets ★  
Tasteeos Toasted Oat ★  
Toasted Rice

**Great Value**

Bran Flakes ★  
Corn Flakes

Crunchy Nuggets ★  
Instant Grits – Original  
Instant Oatmeal – Regular ★  
Toasted Whole Grain Oat ★  
Toasted Rice  
Toasted Wheat ★

**Hannaford**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Oatmeal – Regular ★  
Nutty Nuggets ★  
Tasteeos Toasted Oat ★  
Toasted Rice  
Toasted Wheat ★

**Hy-Top**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Grits – Original  
Instant Oatmeal – Regular ★  
Toasted Oats ★

**IGA**

40% Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Oatmeal – Regular ★  
Nutty Nuggets ★  
Square-Shaped Rice  
Tasteeos/Toasted Oats ★

**Market Pantry**

Instant Oatmeal – Regular ★  
Frosted Shredded Wheat – Original ★  
Toasted Oats ★

**Our Family**

High Fiber Bran Flakes ★  
Corn Flakes  
Instant Grits – Original  
Instant Oatmeal – Regular ★  
Krunch Nutties ★  
Rice Biscuits  
Toasted Oats ★  
Wheat Biscuits ★

**Parade**

Corn Flakes  
Toasted Oats ★

**Publix**

Bran Flakes ★  
Corn Flakes  
Frosted Wheat ★  
Instant Oatmeal – Original ★  
Nutty Nuggets ★  
Toasted Oats ★

**Red & White**

Bran Flakes ★  
Corn Flakes  
Instant Oatmeal – Regular ★  
Toasted Oats ★

**Save-A-Lot**

Nature's Crunch Bran Flakes ★  
Mornin' Gems Corn Flakes

**Shurfine**

Bran Flakes ★  
Corn Flakes  
Rice Squares  
Frosted Shredded Wheat ★  
Instant Grits – Original  
Instant Oatmeal – Regular ★  
Nutty Nuggets ★  
Toasted Oats ★

**ValuTime**

Corn Flakes

**Winn Dixie**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Grits – Original  
Instant Oatmeal – Regular ★  
Nutty Nuggets ★  
Rice Squares  
Toasted Oats ★  
Wheat Squares ★

## Milk

◆ **Must buy the LEAST EXPENSIVE AVAILABLE type and size of milk selected by the WIC customer, unless otherwise specified on the front of the check. The front of the WIC check will list the allowed type and quantity of milk.** The WIC customer may buy any combination of gallon and half-gallon sizes. Quart size may only be purchased when "quart" is listed on front of check.

*No acidophilus, bifidus, or Tevye milk unless front of check says "any brand, any type" of milk. No goat's milk, nut milk, rice milk, or other grain milks. No calcium fortified milk. No flavored milk, kefir, buttermilk, or filled milk. No organic products are allowed.*

**1% Lowfat or Fat Free Milk** (for women and children 2 years and older)

### Refrigerated milk

- ◆ gallon 1% lowfat milk
- ◆ half-gallon 1% lowfat milk
- ◆ quart 1% lowfat milk
- ◆ gallon fat free milk
- ◆ half-gallon fat free milk
- ◆ quart fat free milk

### UHT milk

- ◆ quart 1% lowfat UHT milk
- ◆ quart fat free UHT milk

### Evaporated milk

- ◆ 12 oz can fat free evaporated milk (skimmed) *No "2% lowfat" evaporated milk.*

### Dry milk

- ◆ Nonfat dry milk in box (9.6 oz = 3 qt; 16 oz = 5 qt; 25.6 oz = 8 qt)

**Whole Milk** (for children 1 year of age)

### Refrigerated milk

- ◆ gallon whole milk
- ◆ half-gallon whole milk
- ◆ quart whole milk

### UHT milk

- ◆ quart whole UHT milk

### Evaporated milk

- ◆ 12 oz can evaporated milk

Under special circumstances, the following items will appear on the front of the WIC check:

- ◆ 2% reduced fat milk
  - ◆ Lactose free or lactose reduced milk
- 8th Continent Soymilk Original in half-gallon carton only. *No fat free or light. No vanilla, chocolate, or other flavors. No other brands of soy milk or soy-based beverages are allowed.*
- NIDO dry whole milk in 12.6 oz can *No NIDO Kinder 1+.*
- ◆ UHT milk in 8 oz boxes (3 pack)

## Cheese

◆ **Must buy the LEAST EXPENSIVE AVAILABLE type of cheese selected by the WIC customer.**

**16 oz (1 lb) size only**

*No cheese product or cheese food. No cheese mixtures such as Cheddarella. No slices of Cheddar or Mozzarella cheese. No spreads, shredded, snack, cubed, shaped, string, crumbles, cracker cuts, strips, or cheese from the delicatessen. No cheese with added ingredients, imported, or waxed cheeses. No organic products are allowed.*

**Allowed items are only those listed below.**

- ◆ **Deluxe American Slices 16 oz package** – *No "Singles" or individually-wrapped slices. No 2% reduced fat Deluxe American cheese.*
- ◆ **Mild Cheddar 16 oz block** – *No 2% reduced fat, fat free, or white Mild Cheddar cheese.*
- ◆ **Part Skim Mozzarella 16 oz block or round** – *No whole milk or fat free Mozzarella cheese.*

## Peanut Butter

**16 to 18 oz jar only**

**Any brand of creamy, crunchy, extra crunchy, super chunk, or natural peanut butter.**

*No added jelly, marshmallow, honey, chocolate or artificial sweeteners such as Splenda® or Nutrasweet®. No spreads, whipped, "Plus," or reduced fat. No organic products are allowed.*

## Eggs

◆ **Must buy the LEAST EXPENSIVE AVAILABLE large, white, chicken eggs.**

*No specialty or low cholesterol eggs. No brown eggs. No organic products are allowed.*

## Beans

Examples of beans include, but are not limited to: black beans, blackeye peas, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, pinto beans, soybeans, and split peas.

### Dry Beans

**16 oz (1 lb) bag only. Any brand of dry beans, peas, or lentils are allowed.**

*No smaller sizes. No flavored, seasoned, gourmet, or soup mixes. No organic products are allowed.*

### Canned Beans

**15 to 16 oz can only** (Smaller sizes only allowed when listed on the front of the check.) **Any brand of canned beans is allowed.**

*No canned green peas, green beans, wax beans, or snap beans. (These are only allowed to be purchased with the Fruit and Vegetable Voucher.) No added sugars, fats, oils, or meat. No soups, or baked beans. No organic products are allowed.*

## Canned Fish

**5 oz can or larger of canned light tuna and/or pink salmon. Any brand packed in water, spring water, or oil is allowed.**

*No white or albacore tuna. No sockeye or red salmon. No pouches. No olive oil, lemon, flavored, gourmet, smoked, grilled, blackened, or added ingredients. No low or less sodium. No organic products are allowed.*

## Whole Grains

### 100% Whole Wheat Bread

**16 oz (1 lb) loaf only. Allowed items are only those listed below.**

*No added ingredients such as raisins, other dried fruits, or nuts. No organic products are allowed.*

Food Lion 100% Whole Wheat 16 oz loaf

Harvey's 100% Whole Wheat 16 oz loaf

Merita 100% Whole Wheat Small 16 oz loaf

Nature's Own Sugar Free 100% Whole Grain Wheat 16 oz loaf

Pepperidge Farm Stone Ground 100% Whole Wheat 16 oz loaf

Pepperidge Farm Very Thin 100% Whole Wheat 16 oz loaf

Roman Meal Sungrain 100% Whole Wheat 16 oz loaf

Sara Lee Classic 100% Whole Wheat 16 oz loaf

Weight Watchers 100% Whole Wheat 16 oz loaf

Wonder Soft 100% Whole Wheat 16 oz loaf

### Whole Grain Brown Rice – Regular, Instant, or Boil-in-Bag

**Any brand in a 14 to 16 oz bag or box is allowed.**

*No white rice or wild rice. No added ingredients such as seasonings. No rice in jars. No frozen rice. No organic products are allowed.*

## Corn Tortillas

**16 oz bag only. Allowed items are only those listed below.**

*No flour or wheat tortillas. No taco shells or tortilla chips. No organic products are allowed.*

Chi-Chi's White Corn Tortillas 16 oz (1 lb)

Don Pancho White Corn Tortillas 16 oz (1 lb)

La Autentica White Tortillas 16 oz (1 lb)

La Banderita Corn Tortillas 16 oz (1 lb)

La Burrita Yellow Corn Tortillas 16 oz (1 lb)

La Guera White Corn Tortillas 16 oz (1 lb)

Mission Extra Thin Yellow Corn Tortillas 16 oz (1 lb)

Shurfresh Corn Tortillas 16 oz (1 lb)

## Fruit Juice

Must be 100% juice with no added sugar or syrup.

No juice drinks, beverages, cocktails, or "light" juice. No juice blends. No Apple Cider. No organic products are allowed.

### Refrigerated Plastic Jugs – No cartons.

◆ Must buy the **LEAST EXPENSIVE AVAILABLE** size and flavor of **refrigerated** juice selected by the WIC customer. May buy juice that has added calcium, vitamin D, and pulp as long as it is the least expensive of that size and flavor.

Allowed sizes and flavors:

#### Gallon (128 oz)

◆ Orange Juice

#### 96 oz (3 qt)

◆ Orange Juice

#### Half-gallon (64 oz)

- ◆ Orange Juice
- ◆ Pink Grapefruit Juice
- ◆ Ruby Red Grapefruit Juice
- ◆ White Grapefruit Juice

### Frozen Concentrate – 11.5 oz, 12 oz, and 16 oz sizes

◆ Must buy the **LEAST EXPENSIVE AVAILABLE** size and flavor of **frozen** juice selected by the WIC customer. May buy juice that has added calcium, vitamin D, and pulp as long as it is the least expensive of that size and flavor. Note: 11.5 oz and 12 oz sizes are considered to be the same size when comparing prices.

Allowed flavors:

- ◆ Apple
- ◆ Grape (white)
- ◆ Pineapple
- ◆ Ruby Red Grapefruit
- ◆ Grape (purple)
- ◆ Orange
- ◆ Pink Grapefruit
- ◆ White Grapefruit

### Non-Frozen Concentrate

Allowed items are only those listed below (Does not have to be least expensive available.)

11.5 oz Juicy Juice Apple

11.5 oz Welch's Grape

11.5 oz Welch's Apple

11.5 oz Welch's White Grape

Note: All Welch's frozen and non-frozen concentrate juices must have yellow top.

### Plastic Bottles or Jugs

Allowed items are only those listed below (Does not have to be least expensive available.)

#### 48 oz Apple Juice

Apple & Eve  
Big Tex  
Food Club  
Lucky Leaf  
Musselman's  
Ruby Kist  
Seneca  
Shurfine  
  
Albertsons–No unfiltered.  
Apple & Eve  
Best Yet  
Big Tex  
Bloom  
Great Value  
Hannaford  
Hy-Top  
IGA  
Indian Summer Premium  
Flavorite  
Food Club  
Food Lion  
Juicy Juice Apple–No other flavors.  
Langers  
Lucky Leaf–No calcium added.  
Market Pantry

Mott's–No Natural or Mott's for Tots.  
Musselman's–No calcium added.  
Old Orchard  
Our Family  
Publix  
Red & White  
Ruby Kist  
Sam's Choice  
Seneca  
Sesame Street Apple  
Shurfine  
Tipton Grove  
Tree Top  
White House–Premium or From Concentrate only  
Winn Dixie

#### 96 oz Apple Juice

Albertsons  
Flavorite  
Food Club  
Great Value  
Hannaford

#### 1 gal (128 oz) Apple Juice

Albertsons  
Apple & Eve  
Best Yet

Flavorite  
Food Club  
Indian Summer Premium  
Market Pantry  
Mott's  
Old Orchard  
Publix  
Ruby Kist  
Seneca  
Shurfine  
White House–Premium or From Concentrate only

#### 48 oz Grape Juice–purple

or white

Big Tex  
Ruby Kist  
Shurfine

#### 64 oz Grape Juice–purple

or white

Albertsons  
Bay Mist  
Big Tex  
Bloom  
Flavorite  
Food Club  
Food Lion  
Great Value  
Hannaford  
Hy-Top

IGA  
Langers  
Market Pantry  
Old Orchard  
Our Family  
Publix  
Red & White (purple)  
Ruby Kist  
Sam's Choice (purple)  
Sesame Street (white)  
Shurfine  
Welch's  
Winn Dixie

#### 1 gal (128 oz) Grape Juice

Great Value (purple)  
Sam's Choice (purple)

#### 48 oz and 64 oz Grapefruit Juice

(white, pink, or ruby red)  
Any brand

#### 48 oz and 64 oz Orange Juice

Any brand

#### 48 oz and 64 oz Pineapple Juice

Any brand

Under special circumstances, the following items will appear on the front of the WIC check:

8 pack of 6.75 oz boxes 100% Fruit Juice

8 oz and 10 oz bottles non-refrigerated 100% Orange Juice

## Baby Fruits & Vegetables

**Allowed items are only those listed below.**

*No added DHA, sugars, starches, salt, sodium, meat, poultry, cereal, noodles, rice, yogurt, raisins, or granola. No desserts, dinners, or casseroles. No toddler foods. No fruit or vegetable juices. No organic products are allowed.*

### Beech-Nut

#### 4 oz jar

Applesauce  
Apples & Bananas  
Apples & Blueberries  
Apples & Cherries  
Apples, Mango & Kiwi  
Apples, Pears & Bananas  
Apricots with Pears & Apples  
Bananas  
Bananas & Strawberries  
Butternut Squash  
Carrots  
Carrots & Peas  
Corn & Sweet Potatoes  
Country Garden Vegetables  
Green Beans  
Peaches  
Peaches & Bananas  
Pears  
Pears & Pineapple  
Pears & Raspberries  
Peas  
Plums with Apples & Pears  
Mixed Vegetables  
Sweet Potatoes & Apples  
Sweet Potatoes

### Gerber

#### 4 oz jar &

#### 7 oz package (two 3.5 oz packs)

Applesauce  
Apple Blueberry  
Apples & Cherries  
Apple Strawberry Banana  
Apricots with Mixed Fruit  
Bananas  
Bananas with Apples & Pears  
Banana Mixed Berries  
Banana Orange Medley  
Banana Plum Grape  
Carrots  
Carrot Apple Mango  
Garden Vegetables  
Green Beans  
Mixed Vegetables  
Peaches  
Pears  
Pear Pineapple  
Peas  
Plums with Apples  
Prunes with Apples  
Squash  
Sweet Potatoes  
Sweet Potatoes & Corn

### Kuddles

#### 8 oz package (two 4 oz packs)

Applesauce  
Bananas  
Berry Banana  
Fruit Medley  
Pears  
Tropical Fruit

### Nature's Goodness

#### 4 oz jar

Applesauce  
Apples & Blueberries  
Apples & Cranberries  
Apples & Pears  
Apricots with Pears & Apples  
Bananas  
Bananas with Apples & Pears  
Carrots  
Corn & Sweet Potatoes  
Green Beans  
Mixed Vegetables  
Peaches  
Pears  
Plums with Apples  
Prunes with Pears  
Squash  
Sweet Peas  
Sweet Potatoes

### Parent's Choice

#### 8 oz package (two 4 oz packs)

Apples  
Apple Carrot  
Bananas  
Mixed Fruit  
Orchard Blend & Sweet Potato  
Pears  
Pear & Squash  
Tropical Medley  
Very Berry Banana  
Wild Berry Blend

### Up & Up

#### 8 oz package (two 4 oz packs)

Apple  
Banana  
Peach  
Pear

## Baby Cereal

**8 oz or 16 oz box or carton. Allowed items are only those listed below.**

*No added ingredients such as fruit, formula, yogurt, or DHA. No organic products are allowed.*

### Beech-Nut

Barley  
Brown Rice  
Mixed or Multigrain  
Oatmeal  
Rice

### Gerber

Barley  
Mixed Grain  
Oatmeal  
Rice  
Whole Wheat

### Nature's Goodness

Mixed  
Oatmeal  
Rice

## Baby Meats

**2.5 oz jar only. Allowed items are only those listed below.**

*No added sugars, salt, or sodium. No meat sticks. No baby meat combinations such as meat & vegetables or dinners such as spaghetti & meatballs. No organic products are allowed.*

### Beech-Nut

Beef & Beef Broth  
Chicken & Chicken Broth  
Turkey & Turkey Broth

### Gerber

Beef & Beef Gravy  
Chicken & Chicken Gravy  
Ham & Ham Gravy  
Lamb & Lamb Gravy  
Turkey & Turkey Gravy  
Veal & Veal Gravy

### Nature's Goodness

Beef & Beef Gravy  
Chicken & Chicken Gravy  
Turkey & Turkey Gravy

## Fruits & Vegetables

There is a “cash value” Fruit and Vegetable Voucher that has a maximum dollar amount printed on the voucher. WIC customers will use this voucher for the purchase of the allowed types of fruits and vegetables listed in the chart below.

- Organic fruits and vegetables are allowed only when using the Fruit and Vegetable Voucher.
- When added sugar or syrup is not allowed, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup.
- When added artificial sweeteners are not allowed, they include: Splenda<sup>®</sup>, NutraSweet<sup>®</sup>, Equal<sup>®</sup>, aspartame, saccharin, sucralose, and acesulfame-K.
- Dried fruits and vegetables of any type are not allowed. This includes, but is not limited to, raisins, prunes, fruit roll-ups, fruit leathers, dried potatoes, potato chips, corn chips, popcorn, dry beans, dry peas, and dry lentils. *Dry beans, peas, and lentils may only be purchased with a WIC check that includes beans.*
- Baby and toddler fruits & vegetables are not allowed when using the Fruit and Vegetable Voucher.
- Beverages such as fruit juice, tomato juice, and vegetable juice are not allowed when using the Fruit and Vegetable Voucher.

Allowed	Not Allowed
<b><u>Fresh Fruits and Vegetables</u></b>	
<ul style="list-style-type: none"> <li>Any brand, variety, size, or mixture of fresh fruits and vegetables without <u>white potatoes</u></li> <li>Sweet potatoes and yams</li> <li>Whole or cut up</li> <li>Loose or packed in bags or plastic containers</li> </ul>	<ul style="list-style-type: none"> <li><u>No white potatoes</u></li> <li>No items from the salad bar, party trays, fruit baskets, decorative fruits and vegetables, painted pumpkins, or gourds</li> <li>No added sugar, syrup, artificial sweeteners, dressings, or dips</li> <li>No nuts, coconuts, or fruit-nut mixtures</li> <li>No herbs, spices, or edible blossoms and flowers</li> </ul>
<b><u>Frozen Fruits and Vegetables</u></b>	
<ul style="list-style-type: none"> <li>Any brand, variety, size, or mixture of frozen fruits and vegetables without <u>white potatoes</u></li> <li>Sweet potatoes and yams</li> <li>Any kind of frozen beans and peas</li> </ul>	<ul style="list-style-type: none"> <li><u>No white potatoes</u></li> <li>No added sugar, syrup, artificial sweeteners, fat, oil, or sauces such as cheese sauce or teriyaki sauce</li> <li>No frozen vegetables that are breaded or are mixed with pasta, rice, or any other ingredient</li> </ul>
<b><u>Fruit in cans, plastic, or glass containers</u></b>	
<ul style="list-style-type: none"> <li>Any brand, variety, size, or mixture of fruit that is <u>packed in water or fruit juice</u></li> <li>Applesauce with no sugar added or applesauce blended with other fruit with no sugar added</li> </ul>	<ul style="list-style-type: none"> <li>No added sugar, syrup, artificial sweeteners, fat, oil, or salt</li> <li>No fruit pie filling</li> <li>No jelly, jam, fruit preserves, or apple butter</li> </ul>
<b><u>Vegetables in cans, plastic, or glass containers</u></b>	
<ul style="list-style-type: none"> <li>Any brand, variety, size, or mixture of vegetables without <u>white potatoes</u></li> <li>Sweet potatoes and yams</li> <li>May be with salt, without salt, or low sodium. May have added seasonings.</li> <li>Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes, or salsa <u>without</u> added sugar, syrup, artificial sweeteners, fat, oil, or meat</li> <li>Canned beans and peas such as green peas, green beans, wax beans, snap beans, or snap peas <i>Note: Canned green peas and whole kernel corn may have added sugar.</i></li> <li>Any canned mixed vegetables that contain <u>any type</u> of beans such as lima beans or kidney beans</li> </ul>	<ul style="list-style-type: none"> <li><u>No white potatoes</u></li> <li>No added sugars, syrup, artificial sweeteners, fat, oil, or meat</li> <li>No pickled vegetables, olives, sauerkraut, creamed corn, soups, or vegetables packed in sauces</li> <li>No ketchup, relishes, pickles, or mustard</li> <li>No canned beans and peas such as black beans, blackeye peas, kidney beans, lima beans, and pinto beans <i>Note: These types of canned beans and peas may only be purchased with a WIC check that includes beans.</i></li> </ul>